

SWEET POTATOES, FRESH

for use in the USDA Household
Commodity Food Distribution Programs

8/1/02

Product Description

Sweet potatoes are U.S. Grade Number 2 or better.

Pack/Yield

Sweet potatoes are packed in 5 lb bags. Five pounds of raw sweet potatoes yield about 17.5 ½ cup servings of cooked sweet potato.

Storage

- Sweet potatoes should be stored in a cool (55°F to 60°F) dry place, never in the refrigerator.
- Kept at 55°F, sweet potatoes can be kept a month or longer. If stored at room temperature, they should be used within a week.

Uses and Tips

- Before cooking, scrub sweet potatoes thoroughly to remove any dirt.
- Sweet potatoes may be baked, boiled, steamed, or microwaved. They may be used in soups or in baked goods such as sweet potato pie or sweet potato bread.
- Cinnamon, brown sugar, grated lemon or orange rind, raisins, drained canned pineapple, or nuts may be added for flavor.
- Mashed sweet potatoes may be used in recipes calling for pumpkin puree.



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Nutrition Information

- Sweet potatoes are high in vitamins A and C, and are a good source of fiber.
- ½ cup of sweet potatoes provides 1 serving from the **VEGETABLE GROUP** of the Food Guide Pyramid.
- Diabetics: ⅓ cup of sweet potatoes equals one **STARCHY VEGETABLE** diabetic exchange.

(See recipes on reverse side)

Nutrition Facts

Serving size ½ cup (100g)

Cooked sweet potatoes

Amount Per Serving

Calories	100	Fat Cal	0
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 10mg			0%
Total Carbohydrate 24g			8%
Dietary Fiber 3g			12%
Protein 2g			4%
Vitamin A 440%		Vitamin C 41%	
Calcium 3%		Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet.

Cooking Instructions

Baking: Pierce the potatoes with a fork before baking to let the steam escape. To speed clean up, place potatoes on a foil-lined baking sheet to catch juices that escape during cooking.

Cooking time: 30 to 60 minutes in a 400°F oven, depending on size.

Boiling: If cooked whole, sweet potatoes do not need to be peeled. The skins will slip off easily when they are done, leaving most of the nutrients intact. The skin is edible, however, and supplies additional dietary fiber. Cooking time: for whole potatoes, 15 to 35 minutes; for chunks, 10 to 15 minutes.

Microwaving: Pierce potatoes several times with a fork and place on a paper towel. After taking potatoes out of the microwave, wrap in foil and let stand five to ten minutes. Cooking time: for two medium potatoes, five to nine minutes; for four, 10 to 13 minutes.

Baked Sweet Potato Sticks

2 sweet potatoes
1 tablespoon vegetable oil
½ teaspoon paprika or cinnamon
dash of salt

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil, and spray foil well with cooking spray.
2. Wash sweet potatoes, and slice lengthwise into sticks.
3. In a large bowl, mix oil and paprika or cinnamon. Add potato sticks and stir to coat. Place sweet potatoes on prepared baking sheet and lightly sprinkle with salt.
4. Bake for 40 minutes or until sweet potatoes are tender.

Recipe provided by AllRecipes.com

Makes 4 servings

Nutrition Information for Baked Sweet Potato Sticks :

Calories	90	Cholesterol	0mg	Sugar	6g	Calcium	16mg
Calories from Fat	30	Sodium	80mg	Protein	1g	Iron	0mg
Total Fat	3.5g	Total Carbohydrate	14g	Vitamin A	1260RE		
Saturated Fat	0.5g	Dietary Fiber	2g	Vitamin C	14mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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